Executive Proclamation

State of South Dakota

Office of the Governor

Whereas, All citizens are encouraged to speak with their physicians about how physical activity and exercise may help treat or prevent numerous chronic conditions, including hypertension, cardiac disease, and diabetes; and,

Whereas, All physicians and other health care providers are encouraged to talk with their patients about the health benefits of exercise and to strongly recommend their patients to engage in appropriate exercise; and,

Whereas, The health benefits of physical activity and exercise can do much to improve the quality of life for everyone; and,

Whereas, A healthier population means cost savings, greater participation in the workforce, and other benefits to society at large; and,

Whereas, Regular physical activity and exercise is a powerful prescription, with great potential to improve the health of all Americans; and,

Whereas, Sanford Health in collaboration with the American College of Sports Medicine and the state of South Dakota call on health care organizations, physicians, and other professionals, regardless of specialty, to assess, advocate for, and review every patient's physical activity program during every comprehensive visit:

Now, Therefore, I, Dennis Daugaard, Governor of the state of South Dakota, do hereby proclaim May 2011, as

EXERCISE IS MEDICINE MONTH

in South Dakota, and I urge all citizens to participate in activities and observances relating to Exercise is Medicine Month in the interests of better health and quality of life for all.

In Witness Whereof, I have hereunto set my hand and caused to be affixed the Great Seal of the state of South Dakota, in Pierre, the Capital City, this Second Day of May in the Year of Our Lord, Two Thousand and Eleven.

Dennis Daugaard

Dennis Daugaard, Governor

Attest:

Judy A. Larson Exec. Asst.

Jason M. Gant, Secretary of State